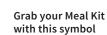


# Herby Tomato Cannellini Bean Lasagne with Parmesan Cheese

**NEW** 

**CLIMATE SUPERSTAR** 













Carrot

Cannellini Beans





Tomato & Herb Seasoning

Tomato Sugo





Vegetable Stock

**Baby Spinach** 







Parmesan Cheese

Fresh Lasagne Sheets





Prep in: 25-35 mins Ready in: 45-55 mins

The rulebook has been thrown out the window with this one. We have done the unthinkable and swapped mince for cannellini beans to make the base of this herby tomato lasagne. You've heard it here first, it is so good, that we might just through the rulebook out more often. **Pantry items** 

Olive Oil, Brown Sugar, Butter, Plain Flour, Milk

#### Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

 $\label{eq:large_problem} \operatorname{Large} \operatorname{frying} \operatorname{pan} \cdot \operatorname{Medium} \operatorname{saucepan} \cdot \operatorname{Medium} \operatorname{or} \operatorname{Large}$  baking dish

#### Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
brown onion	1	2		
garlic	2 cloves	4 cloves		
carrot	1	2		
cannellini beans	1 packet	2 packets		
tomato & herb seasoning	1 sachet	2 sachets		
tomato sugo	1 packet	2 packets		
vegetable stock powder	1 medium sachet	1 large sachet		
brown sugar*	1 tsp	2 tsp		
water* (for the veggies)	1/4 cup	½ cup		
baby spinach leaves	1 medium bag	1 large bag		
butter*	20g	40g		
plain flour*	2 tbs	1/4 cup		
milk*	½ cup	1 cup		
water* (for the sauce)	½ cup	1 cup		
Parmesan cheese	1 medium packet	1 large packet		
fresh lasagne sheets	1 medium packet	2 medium packets		
diced bacon**	1 packet (90g)	1 packet (180g)		
+				

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3016kJ (721Cal)	452kJ (108Cal)
Protein (g)	35.2g	5.3g
Fat, total (g)	15.5g	2.3g
- saturated (g)	8.9g	1.3g
Carbohydrate (g)	100.6g	15.1g
- sugars (g)	24.2g	3.6g
Sodium (mg)	2348mg	352mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3404kJ (814Cal)	478kJ (114Cal)
Protein (g)	42.2g	5.9g
Fat, total (g)	22.2g	3.1g
- saturated (g)	11.4g	1.6g
Carbohydrate (g)	101.4g	14.2g
- sugars (g)	24.7g	3.5g
Sodium (mg)	2779mg	390mg

The quantities provided above are averages only.

#### **Allergens**

Always read product labels for the most up-to-date allergen information.
Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Finely chop brown onion and garlic.
- Grate carrot.
- Drain and rinse cannellini beans.



## Start the filling

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook onion and carrot, stirring, until tender, 4-5 minutes.
- Add cannellini beans, garlic and tomato & herb seasoning and cook, stirring, until fragrant,
   2 minutes.

Custom Recipe: If you've added diced bacon, cook diced bacon with the onion and carrot, breaking up with a spoon, until golden and tender, 4-5 minutes.



## Finish the filling

- Reduce heat to medium, then stir in tomato sugo, vegetable stock powder, the brown sugar and water (for the veggies) and simmer until slightly reduced, 1-2 minutes.
- Remove from heat and stir in baby spinach leaves until wilted. Season with pepper.



#### Make the white sauce

- In a medium saucepan, melt the butter over medium heat. Add the plain flour and cook, stirring, until a thick paste forms, 1-2 minutes.
- Reduce heat to medium-low, then slowly whisk in the milk and water (for the sauce) until smooth. Simmer, stirring constantly, until slightly thickened, 1-2 minutes.
- Remove from heat and stir in half the Parmesan cheese. Season with salt and pepper.



#### Assemble & bake the lasagne

- Spoon roughly one quarter of the bean filling into a baking dish, then top with a fresh lasagne sheet. Repeat with remaining filling and lasagne sheets.
- Finish with a final lasagne sheet, then pour over the white sauce. Sprinkle with remaining Parmesan cheese.
- Bake until golden, 20-25 minutes.



#### Serve up

• Divide herby tomato cannellini bean lasagne between plates to serve. Enjoy!

